

Winter Afterschool Programs

Held at Daniels Run Elementary

3:40pm — 4:30pm

**Tuesdays (Feb 4– March 11) OR
Thursdays (Feb 6 - March 13)**

*Children will be called down to the cafeteria at school dismissal.
Sign out from cafeteria at 4:30pm. Please provide a snack.*

Drawing for Kids

Instructor: Young Rembrandts

NEW, engaging drawing lessons each week! Younger students develop classroom readiness and fine motor skills in a creative, nurturing environment. We demonstrate basic drawing techniques, including seasonal images, an art history lesson, and cartooning. Bring out the best in your little artist! Older students build on basic drawing skills, experiment with line, color and form, and practice motor spatial reasoning in a fun, creative environment. Each session includes seasonal drawings, an art history lesson, realistic and abstract images, and cartooning.

**Grades K-1: Tuesdays
Grades 2-6: Thursdays
Fee: \$90 per session**

Adventure Fitness

Instructor: Fairfax Adventure Boot Camp

Ready, set, lets get fit! Come join us for 50 minutes of fun and fitness. Adventure fitness camp teaches kids proper form for body weight exercises, setting the foundation for a healthy lifestyle. We will play fitness games, tug of war, relay race, and much more to get your camper fit and have fun!

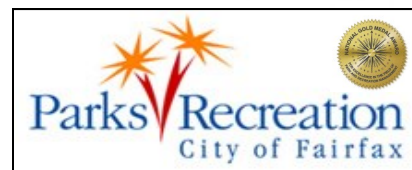
**Grades 2-6: Tuesdays
Fee: \$60**

Karate

Instructor: Kaizen Karate

Students learn the basic levels of martial arts while participating in a fun, exciting atmosphere. Class is tailored to student's individual needs and helps them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to discipline, motivation, self-control, and continual improvement. This class is open to new students and all belt levels.

**Grades K-5: Thursdays
Fee: \$75**



Multi-Sports

Instructor: American Soccer Academy

Children learn the basic rules, skills and modified games involved with a particular sport – including American and European sports. A different sport each week!! Sports include – Basketball, Flag Football, Soccer, Rounder's, Netball, Cricket, Field Hockey, Rugby, Volleyball, Baseball/ Softball, Lacrosse.

**Grades K-6: Tuesdays
Fee: \$79**

Soccer

Instructor: American Soccer Academy

Learn valuable soccer skills through age appropriate activities in a safe and fun environment. Licensed professional soccer coaches will teach children first touch, dribbling, passing, finishing and defending skills. A strong emphasis will be placed on foot skills during the program.

**Grades K-6: Thursdays
Fee: \$79**

Yoga

Instructor: Eileen Kragie

Yoga made fun! To channel high energy and develop concentration, this class builds fitness, self-confidence and re-directs restless energy while allowing children to be their playful and imaginative selves. **Mats are not required but if have one please bring to class or a towel to sit on.**

**Grades 1-4: Tuesdays
Fee: \$40**

Zumba

NEW

Instructor: 26th Dimension LLC

This workshop is party fitness at its best!!! It delivers easy-to-follow choreography and the perfect blend of upbeat world rhythms making for a total body workout that feels like a celebration. There's a good reason why Zumba is currently the world's leading branded fitness program and this Zumba by Amirah B Fit workshop is one of those reasons.

**Grades K-6: Thursdays
Fee: \$75**

TO REGISTER: (deadline: Fri 1/28/14)

ONLINE: WWW.FAIRFAXVA.GOV/PARKSREC

FAX: (703) 246-6321

WALK IN OR BY MAIL:

- GREEN ACRES, 4401 SIDEBURN RD.
- CITY HALL, 10455 ARMSTRONG ST.
- SHERWOOD CENTER, 3740 OLD LEE HIGHWAY

Questions? 703-385-7858